# "A GOOD LAUGHIS SUNSHINE IN THE HOUSE"

Smiles and Laughter Drive Away Tears and Frowns Just as the Sun Drives Away the Mists and Clouds.

#### THE "LAUGHTER" PRIZE-WINNERS.

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TEN PRIZES OF ONE DOLLAR EACH.	
Marguerite L. O'Nell	street Northeast
B. R. Souen	Newton street
Mrs. John P. Dunlop1440	
Mrs. Harry Midkiff	treet northwest
Henson B. HicksBureau of Ame	
Mrs. H. B. Hollifield304 1	Hammond Court
Anna Frow Pennywitt	Glenearlyn, Va.
A. B. Fitzgerald	treet southwest
M. Joseph Ryan	treet northwest
Mrs. M. A. McGrath	
NEW MEMBERS THIS WEEK	

life giving a smile for every frown, a

cheery word for every cross one, and a helping hand to the unfortunate, is, after

"Dear Optimist-I am very glad to see

about this mother. Our sympathies go

out to her in her struggle, and her un-swerving optimism, self-help, and desire

to help others is a good lesson to us all.

Indeed you should say "Our column,"

rlend, good optimist that you are, and

ve all hope your own little ones will get

their breath of fresh air this summer. This shows the spirit of our giving. To

club, not a single dollar of it but will represent a loving thought and a cheer-

Optimist Bisbee comes forward with the helpful suggestion that a forthcom-

ing Sunday be devoted to the subject of "Children," and although we have al-

ready had this subject, last fall, I shall announce it for the topic to follow

"Adaptability," which has already been selected for next Sunday.

post-office order, or even postage slamps, and then you will run no risk of the

Contributions received up to and in-

luding Wednesday of each week will be

acknowledged on this page the Sunday

times agitated by, and in the very high

is the best tonic the optimist can pre

we have not once indulged in laughter

side of life. ANNA FROW PENNYWITT. Glencarlyn, Va.

The good, contagious, health-and-hap-piness-giving, optimistic laugh is an ef-

fect; the cause lies deeper and is the

most vital part of our profession. Laugh

by all means, but learn the secret of the laugh above described; the laugh devoid

of affectation, springing from a soul not

hopefulness, and the sum of all those up-

The mind of the true optimist is framed

ul-inspiring laugh of the optimist lifts

the gloom from the pessimistic face, by the outward sign of a hopeful view of

life, like the glowing sunlight, scattering

the clouds of gloom and despair. The

beauty of being an optimist is emphasized

in the hearty laugh of a hopeful and con-

The most wholesome and genuine music

Oh, joy is like a magic cup,
I lift if to the sky,
And still the more I offer up
The fuller joy have I.

The student smiled as this music floats

-Charlotte Porter

tented soul. HENSON B. HICKS.
Bureau American Republics.

thousand harms and lengthens life.

M. JOSEPH RYAN.

A. B. FITZGERALD.

noney not reaching me.

be addressed to the Optimist.

310 Second street southeast,

adds, "Laugh and grow fat."

200 Twelfth street southwest.

all the best of missionaries!

By M. J. MOOR, Leader.

There is nothing so delightfully infectious as laughter. The merry tinkle of youth, the hearty jovialness of middleage, or the bit of a chuckle emanating from the aged—the effect is the same—to strike a sympathetic chord in our hearts. We would know what the laughter is about and join in the merriment. We are filled with good humor, but instead of control of the old 'fives,' but please take it and pling laught of a child comes, from a little children. I am very glad to see the monies of nature, and the soul is sweet, monies of nature, and the soul is sweet, and the thoughts turned toward God or the dear lips is as clear as the tingle of the bells afar afield at the twilight hour; the rip-losopher, recognized fully the superior wisdom of presenting the pleasant and the soul is sweet, and the soul is sweet, and the soul is sweet, and the thoughts turned toward God or the laughter that butbles to the lips is as clear as the tingle of the bells afar afield at the twilight hour; the rip-losopher, recognized fully the superior wisdom of presenting the pleasant and

Let us welcome the companionship of those who delight in merriment, who not only are able to appreciate a good joke, but can enjoy one at their own expense

Look on the bright side alway And sing when the skies are gray And little ills and worries, They laugh them all away.

#### By THE OPTIMIST.

My dear friends: It occurred to me that you would like a little change from the regular manner of conducting this the regular manner of conducting this give something that you need yourself, page. I want to make each Sunday as or that some of your dear ones need. I Interesting for you as possible, and will am sure, whatever the tetal amount is always welcome any suggestions you that is contributed by members of this always welcome any suggestions you may wish to make in this regard.

Beginning with to-day, therefore, I shall appoint a leader for the Sunday following. In fact, I shall print two names in this column, and those two people whose names I use will be the candidates for the club leadership for next Sunday. Each of the candidates will write not more than 200 words on the subject as

My reason for giving two names is to avoid the possibility of one of those selected being unable to write the opening argument in the Sunday discussion. You will see that Miss Moor, who is the leader for to-day, has written us a very inter- peat myself too much, I am going to refor to-day, has written us a very interesting essay on the subject of "Laughter." Of course, my selection of Miss
Moor was unknown to her. I did not

Moor was unknown to her. I did not

Moor was unknown to her. I did not

The amount is governed enand a strategem.—Selected.

JAMES McGRATH.

I like the laughter that opens the lips
and the heart, that shows at the same
tirals by your means and your own per
EDWIN WICKENHOEFER.

I shall ask Mrs. H. B. Hollifield and Mr. H. V. Bisbee to compete for leadership on "Adaptability" next Sunday. The rest of the members will continue to send in expressions, original or quoted. bers named will be selected as leader for timents will be printed at the top of this

It is obvious that the bred-in-the-bone optimist cannot afford to be out of practice in the art of laughing. You never can tell when you will be called upon to break up a spell of gloom by that blues-

I look upon good, wholesome, heartfelt laughter as a tonic; nay, a positive cure rise, and when I cannot I am forced to for pessimism, and when I speak of laughter, as an optimist, I mean of I may not cry for one or the other. I course laughter that comes from the must do; and is it not philosophy carried to the blobest pitch for some heart, not the forced laugh, nor the to the highest pitch for a man to conlaugh that veils a hidden thrust, or the quer such tumults of soul as I am some est of the storm to quaver out a laugh
Mrs. M. A. McGRATH.

point of a joke; jokes are not the only i things that provoke laughter. Laughter is a state of mind that comes from happiness and love and fellowship with mankind. A laugh is only a grown-up smile, A laugh on the lips should mean a song heart. It is the language of the

One of the members sends me a little poem to-day. I do not know the authorship, but thought it suitable for our discussion to-day. Here it is:

The thing that goes the farthest Toward making life a success, That costs the least and does the most Is just a happy laugh.
The laugh that bubbles from a heart
That loves its fellow-men,
Will drive away the cloud of gloom,

It's full of worth and goodness, too,
With manly kindness blent,
It's worth a million dollars,
And doesn't cost a cent.

One of the pleasant features of our growing "Fresh Air, Fund" is the constant receipt by me of such good-natured, helpful letters from the members. Just to let you all have the benefit of

these cheering expressions from our stanch optimists, I am going to print two or three of them to see if you don't think they show a proper spirit, and an hampered by fear, worry, or other disencouraging sign that our work is not ease. The laugh expressive of buoyancy,

Giving for a worthy cause of this lifting experiences called conversion, kind is a twofold benefit. The little children who will go into the country as the guests of The Washington Herald Optimist Club will be benefited, perhaps, for the rest of their lives. They will be awakened to new things, new ideas will be formed in their young minds, and as their bodies grow strong and healthy, their minds, too, will expand.

The other benefit is that it makes us

self-sacrificing, and gives us an object lesson in doing for others. Perhaps you ald's prizes. That dollar is going to buy something you wish very much, a book, a pair of gloves, or a theater ticket. When you give it to The Herald's freshair babies, however, and make the little of a child. It laughs as if feeling sacrifice, you feel a glow of pride in being able to contribute your mite toward a need which is stronger than your own. True sacrifice lies in giving away so thing that you want yourself. In that way only can you reap the benefits of

Here is a letter from one of the mem-conversion, bangs down his window. In Dear Mr. Optimist—A lady asked me the other day how people who were afflicted could be optimists. A blind person, for example. I wonder if she has read about Helen Keller and her book on Optimism, and about Edwin Grasse, the blind musician, also an optimist. Schauffer, writing about him, says: 'He is to compare the only pure and in many a Christian soul.' Drive it away by laughter and you will find the cares and burdens of life easier to carry.

"Melancholy is the owl that is perched in many a Christian soul.' Drive it away by laughter and you will find the cares and burdens of life easier to carry.

It laugh, for hope hath happy place with me; if my bark sinks 'tis to care.'

I laugh, for hope hath happy place with me; if my bark sinks 'tis to care.' bers, which I want you all to read:
"Dear Mr. Optimist—A lady asked me good thing ever heard is the ripple of Optimism, and about Edwin Grasse, the blind musician, also an optimist. Schauffer, writing about him, says: 'He is the happiest person I know. It seems as though there were enough uproarious spirits and humor, and healthy optimism in that blind boy to brighten up a whole city full of jaundiced eyes.

Smiles into lines of suffering, as the only real optimists under heaven bravely fight for life—for the want of Ged's pure oxygen. Make a child's laugh a lasting thing, and you have planted the seed for a man of faith in God and man. Unhappy, laughless childhood entails a man od of cynicism. Take the staccato when it arises from the forces of love, hope and peace, the effect is uplift—for the want of Ged's pure oxygen. Make a child's laugh a lasting thing, and you have planted the seed for a man of faith in God and man. Unhappy, laughless childhood entails a man od of cynicism. Take the staccato when the forces of love, hope and peace, the effect is uplift—for the want of Ged's pure oxygen. Make a child's laugh a lasting thing, and you have planted the seed for a man of faith in God and man. Unhappy, laughless childhood entails a man od of cynicism. Take the staccato when the force of love, hope and peace, the effect is uplift.

Shakespeare advises most wisely:
"Cease to lament for that thou sanst not help
And study help for that which thou lamentest." 304 Hammond Court.

MRS, H. B. HOLLIFIELD.

laughter-the health and happiness of

childhood. Preserve their optimism by talking less for them, but doing more.

Laughing cheerfulness throws the light of day on all the paths of life. It drives away gloom and fear, it makes an impression on all hearts that are bowed down with sorrow. In it we find the tonic which will bring the rays of sunlight to those who are prone to live in seclusion. The warmth of laughter rays travels much farther than the sound big laugh. We should try to keep near those people who can laugh loud and B. R. SONEN.

Fair Laughter's face, all wreathed in Leaves light and gladness in her train And bids old Sol's bright rays to flow Into those lives, where only rain,

In all its misery was known. To laugh, my friends! be merry the healthy mind and body and a cheerful

And lend your gladness to the earth. countenar of one's l If there were more of harmless mirth And less of vain and useless tears. MARGUERITE LA O'NEILA

When the heart is in tune with the harfilled with good humor, but instead of creating occasions for merriment we leave it to our neighbor to create the opportunity for a good laugh.

Why not laugh and enjoy doing so and thereby materially aid ourselves in keeping young and healthy, sane and sensible, and finding happiness and comfort in life? Is it not Chamfort who says:

"The most wasted of all days is that on which one has not laughed."

Let us welcome the companionship of creating occasions for merriment we leave in to generating occasions for merriment we leave in the old fives, but please take it and and if to your fund. I will thank you not leave take it and add it to your fund. I will thank you not laugh and enjoy doing so and thereby materially aid ourselves in keeping young and healthy, sane and sensing the pleasant and heart that knows no fear, for it is nest-ling, even at play, next that miracle of earth, a mother's heart. If we keep our of the one and two naughts at the end (\$100), but, alas! I have little ones in my own family who need fresh air, having a consumptive mother and no father, and this secret I tell you so that you may understand. 'Charity,' you know, 'begins at home,' and spreads afterward.

"I hear expressions of approval of your faces from the creatures to the consumption of the belix and child comes from a heart that knows no fear, for it is nest-ling, even at play, next that miracle of earth, a mother's heart. If we keep our earth the inhabit. It is poured out constantly on the inhabit. It is poured out constantly on the inhabit. It is poured out constantly on the inhabit. It is poured to wand and absorb all day and all night the Infinite love that is poured out constantly on the inhabit. It is poured to wand and all night the Infinite love that is poured out constantly on the inhabit. It is poured to wand the pleasant and humorous side of life rather than the clear that knows no fear, for it is nest-ling, even at play, next that miracle of earth, a mother's heart. If we keep our earth is poured to wand and all night t our faces from the creatures to the column on all sides, (or, I should say, our column), and it indeed is a revelation to me that my humble expressions God's infinite love.

MRS. JOHN P. DUNLOP. merit more than passing recognition."
There is something of the Spartan

Honorable mention: Let us laugh. "Laugh and the world laughs with you." A good, hearty laugh brings sunshine and helps digestion. The man who laughs not is "fit for treason, and just before the sun sinks behind the man who laughs not is "fit for treason, and just before the sun sinks behind the strategems, and spoils." Rev. Dr. Talmage said that the most solemn-looking and think of those happy hours spent mage said that the most solemn laiming with our loved ones—hours that were or-to be a minister and borrowed \$10, but he namented with the priceless gift of had never seen the man or the money afterward. One prominent man says he reads the Eingville Bugle every Sunday morning before he goes to church. How-ever odd the preparation, it doubtless but a ceaseless strife with a few drops of sends him there smiling on his fellow-toy sprinkled here and there. We are MRS, A. E. M. AVERILL.

against the infirmities of ill-health and Pinkerton. other evils of life by mirth, being per-

at myself too much, I am going to re-ind the members that there is no speci-fit for treasons, strategems, and spoils,

sonal needs. A 10-cent contribution will "Laugh until I come back," was a noted clergyman's good-by salutation. It be highly valued, and you need have no hesitation in offering it. Bear in min'd what I said about sendis a good one for us all.

MISS M. J. MOOR. ing cash through the mails, and follow the suggestion to submit by check or

Any one who will indulge in optimistic laughter systematically under any and all circumstances will be so delighted with the result that he will make it : habit and thereby live a longer, healthier, happier, fuller, more useful life.

MERCY ADKINS.

THE ROAD TO LAUGHTERTOWN. Oh, show me the way to Laughtertown For I have lost the way. The prize-winning contributions in the "Laughter" contest are as follows: I struggle and struggle and try to buf-I wandered out of the path one day, When my heart was broke and my hair

fet down my cruel reflections as they rise, and when I cannot I am forced to turned gray, And I can't remember how to play I've quite forgotten how to be gay; It's all through sighing and weeping, they say.

Oh, show me the way to Laughtertown, For I have lost the way.

I used to belong in Laughtertown Before I lost the way; For I danced and laughed the livelong Laughter, whole-hearted and unalloyed, Ere my heart was broke and my hair turned gray; So it ought to be easy to find the way. scribe, for the proverb says laughter

makes good blood. And Ben Jonson But crying has made me blind, they say, And still toward Teartown my sad feet Oh, show me the way to Laughtertown

Laughter is wholesome. It dispels gloom and creates joy. Storm clouds do Would ye learn the road to Laughternot linger long where the sweet echo of laughter fills the air with melody. O ye who have lost the way? We should count that day lost in which Would ye have young heart though your

hair be gray? Go learn from a little child each day; Go serve his wants and play his play, And catch the lilt of his laughter gay, Laughter is the magic lens through And follow his dancing feet as they stray which we ever see the brightest and best For he knows the road to Laughtertown, O ye who have lost the way. -Henry Hunt. MRS. J. MOTT BUCK.

> cured him with laughter and smiles, When he had one foot in the grave; The doctors gave up in despair, And said that nothing could save.

Jaundice was turning him yellow His hard luck had given the blues, And jealousy tinged him with green When I came along with the news.

Get busy and fill up with fun; ook on the bright side of the world-You'll soon have the blues on the run A laugh's a good therapeutic And smiles are much better than pills; A good and hearty ha! ha!

Will drive away most of your ills. He took the advice that I gave-In a month he gained twenty pounds; Was not only happy himself, But scattered sunshine aro HORACE V. BISBEE.

One good, hearty laugh is a bombshell exploding in the right place, while spleen and discontent are a gun that kicks over the man who shoots it off.—Talmage.

Then let us laugh. It is the cheapest luxury man enjoys, and, as Charles Lamb says, "is worth a hundred groans In any state of the market."

MRS. W. F. HALLECK.

"Melancholy is the owl that is perched

He who goes down in the battle of movement from life's symphony and we joy, hope, and peace, the effect is uplift-

### "FRESH AIR FUND."

Amounts received by the optimist from members to illustrate "practical charity," by sending poor children to the country during the summer

Address "The Optimist," Washington Herald. Acknowledged last Sunday \$30.75

Allie S. Balch ..... 4.00 E. V. B..... 2.50 Mrs. M...... 25 Sunshine Club...... 1.00 S. E. Adkins..... 1.00 Mrs. E. D. F..... 1.00 Mercy Adkins..... 1.00 A, W. Beer ..... 1.00 H. V. Bisbee ..... 1.00 J. M. H..... 1.00

countenance, for the face has the scroll of one's life which means so much to the

The old saying, "Laugh and the world laughs with you," shows how ready and willing is the world to look upon the bright side of life. How it loves the

Earth, oh, earth! 'tis upon thee that we spend life's fleeting day; 'tis upon thee that we have our many sorrows and our joys-sorrows that embitter life and joys

that add a sweet essence to it. In the springtime of our lives the blood that flows riot through our veins is filled "laughter;" and now that our harvest of years has become good and ripe, we are preparing to depart from thee, old world, joy sprinkled here and there. We are A laugh to be joyous must flow from a joyous heart, for without kindness there can be no true joy.

MISS E. BRODY.

Bong to the other shore where our loved ones are patiently awaiting arrival. There the sprinkled drops will all be drops of joy.

HARRY W. BRIMER. going to the other shore where our loved

Her laughter was as music from a band Of silver bells that chime in fairyland.— CHARLOTTE BAYLEY.

Our little fund is growing apace, and I now have hopes of turning over a very respectable sum to the children's cause. At the risk of your thinking that I redaction when I am going to reduce the respectable sum to the children's cause. At the risk of your thinking that I redaction when I am going to reduce the respectable sum to the children's cause. Sterne. Sterne. The man who cannot laugh is not only the reduced that every time a man smiles, but much more when he laughs, it adds something to his fragment of life.—Sterne. Sterne. Honest good humor is the oil and wine of a merry meeting, and there is no jovial companionship equal to that where the jokes are rather small and the laughter abundant.—Washington Irving.

The man who cannot laugh is not only

The passion of laughter is nothing more

than a sudden glory arising from the conception of some eminency in ourselves by comparison with the infirmity of the sunlight. LOUIS VARNUM WOULFE.

ARTHUR W. BEER. than a sudden glory arising from the by comparison with the infirmity of others.—S. S. Cox, "Why We Laugh."

ANNIE F. McCARDLE.

Care to our coffin adds a nail, no doubt, And every grin so merry draws one out, MRS, K. DONOVAN. Selected.

with gravity. She is l'allegro as well as il penserso, and jests as well as preaches. 

You hear that boy laughing? You think he is all fun; But the angels laugh, too, at the good he has done. The children laugh loud as they troop

at his call, And the poor man that knows him laughs loudest of all."

F. L. STRAUGHAN. Are you worsted in a fight? Laugh it off.
Are you cheated of your right? Laugh it off. Don't make tragedy of trifles, Don't shoot butterflies with rifles-Laugh it off.

Does your work get into kinks?

Laugh it off.

Are you near all sorts of brinks?

Laugh it off. If it's sanity you're after, There's no recipe like laughter. Laugh it off.

-Henry R. Elliott, EDNA BENNETT.

This world is not a cheerless place; Be hopeful, meet her face to face. Let laughter impel the strife to cease, And all the world will be at peace. Gather life's nopes for thy brother's

Just keep on laughing through trials the And this world will speak in love they

Fear not nor from this law retreat, With truth thy master the world's at thy Laugh and hope till through the gloom Bursts forth life's joys in immortal bloom. MRS. E. W. FULMER.

name.

claimably deprayed.

No man who has once heartily and wholly laughed can be altogether irre-

Laughter is the outward and visible sign of inward and irrepressible opti-mism. It is the overflowing of happiness which, like the spring, breaks through the surface and bubbles and foams with the joy of living. It is contagious, compelling all who come within the radius of its exulting sound to forget the sorrows and cares of the moment and swell the chorus of mirth. For who can remain sad and disconsolate while send sunshine to the soul, and make the the ringing laugh of another is wafted heart leap as with new life and joy, to him on the breeze. It is almost a Thus may we become brothers in every physical impossibility to preserve perfect good word and deed, and peace and good serenity, try we ever so hard, in the midst of whole-souled, happy laughter, and in consequence of this ought we not to consider that less of our time should be spent sighing and complaining and more of it given over to laughter? If we did this optimism would have hundreds of converts each week.

MARION G. BARKER.

A pocket full of sunshine Is better far than gold; It drowns the daily sorrows
Of the young and of the old;
It fills the world with pleasure,
In field, in lane, in street,

Of the mortals that we meet. A pocket full of sunshine Can make the world akin And lift a load of sorrow Diffusing light and knowledge Through thorny paths of life, It gilds with silver lining

The stormy cuolds of strife.

IDA BITZ.

leaven of youth, the privilege of purity. Now, isn't that enough to make any the echo of innocence, the treasure of the one an optimist? Who wants to weep "He who laughs," said the mother of Goethe, "can commit no deadly sin." The Emperor Titus thought he had lost a day if he had passed it without laughing. Sterne contends that every laugh lengthens the term of our lives. Wisdom, which represents the marriage of truth of the cup of pleasure. It dispels dejection, banishes blues, and mangles melandically in the foe of woe, the destroyer of depression, the enemy of grief; it is what kings envy peasants, plutocrats envy the poor, the guilty envy the innocent; it's the sheen on the silver of smiles, the ripple on the water's description.

out. Coupons may be mailed in by out-of-town members. light, the glint of the gold of gladness. would wither, dimples would disappear,

Mirth is God's medicine. Everybody ught to bathe in it. Grim care, moroseess, anxiety-all this rust of life ought be scoured off by the oil of mirth. It better than emery. Every man ought prub himself with it. A man without airth is like a wagon without springs, in and have the whole wide world with you. to rub himself with it. A man without which one is caused disagreeably to jolt by every pebble over which it runs-

Laughter is as natural to the human heart as the flower for sunshine. Yet the world is full of suffering and sorrow. and we as optimists should give to all the hearty grasp and the sunny smile. They will will spread in the we BRADLEY SIMPSON.

A laugh, with a true ring, must con from an optimist, who sees not only the "sunny side," but the happy one. often hear a hearty laugh, and not even knowing what caused it, we laugh too, and feel just as good as if we knew. Laughter is catching and he who can't see it, is surely unhappy, and needs heart doctor who has a cure for "blues." So let's laugh whenever we can.

And life is not all play, But the sun shines bright behind the So we'll be happy while we may.

A. E. RANNEY.

So we'll be happy while we may.
A. E. RANNEY.

Stevenson says, in one of his beautiful

Stevenson says, in one of his beautiful

Stevenson says, in one of his beautiful ailima prayers:

kind faces. To people who have lost the laughing habit I would say, lock yourself in your room and practice smiling. Smile at your pictures, furniture, looking glass, anything, just so the stiff muscles are brought into play again.—Marden.

MARIE SWEENEY.

It is a good thing to laugh, and if a It is a good thing to laugh, and if a straw can tickle a man it is an instrument of happiness. Beasts can weep when they suffer, but they cannot laugh,—Dryden.

M. JANE MOOR.

M. JANE MO of all for the distinction of being a dis-ciple of merriment, an apostle of laugh-will," so that even our very entrance

> Here's to laughter, the sunshine of the "Laugh and the world laughs with you soul, the happiness of the heart, the Weep and you weep alone." humble, the wealth of the poor, the bead of the cup of pleasure. It dispels dejec-wide world with you by laughing? Then

dren's Day Page. THE WASHINGTON HERALD OPTIMIST CLUB.

Please enroll my name as a member of The Washington Herald Optimist Club, and deliver to me the Club Button, the insignia of our hopeful brotherhood.

"Adaptability," the Subject for Next Sunday,

to Be Followed by a Chil-

Note-Club buttons will be given out at the office of The Washington Herald on presentation of this coupon properly filled

City.....

So by laughing we not only help our-selves, but those around us. I was asked and smiles would shrive; for its a given of a clean conscience, the voice of a pure soul, the birth-cry of mirth, the swan it was the only means of saving her life. I did, and she used to watch for me after three or four good laughs that, and after three or four good laughs she commenced to mend. If you don't laugh, commence now-open your mouth and laugh (no matter if you do get the name of laughing so loud), and you will

> No matter how black the sky o'erhead, Nor how swift may fall the rain; No matter how steep the upward path, Nor how charged wifh grief and pain; No matter how weary may grow your

Nor how sick may grow your soul; No matter how sorry your heart may

Nor how sadly the dirges toll, Just live and laugh.

-William Reed Dunroy.

MISS L. G. JEFFRIES.

Laugh not too much; the witty man laughs least. For wit is news only to ignorance. Less at thine own things laugh lest in

Thy person share and the conceit advance, FRANK HURLEY. God made both tears and laughter, and

both for kind purposes, for as laughter enables mirth and surprise to breathe freely, so tears enable sorrow to vent itself patiently. JOSIE T. FRAILEY. Consider the frequent relief we receive

ailima prayers:
"The day returns and brings us the celving joy from what is no real good to petty round of irritating concerns and us, since we receive grief from what is duties. Help us to play the man, help us to perform them with laughter and promoter of health. Repinings and murmurings of the heart give imperceptible That is the sort of laughter in which strokes to those delicate fibers of which The faculty to think, the capacity to hear, the ability to see are great possessions, wonderful in their usefulness; but of equal importance is the power to classified as such—the "dread laugh which the vital parts are composed and wear out the machine. Cheerfulness is as friendly to the mind as to the body.—

Addison.

I hat is the sort laughter in which the vital parts are composed and wear out the machine. Cheerfulness is as friendly to the mind as to the body.—

Addison.

J. H. GRAY. "Laughter! 'Tis the poor man's plaster,

Covering up each sad disaster. Laughing, he forgets his troubles. Which, though real, seem but bubbles. Laughter, whether loud or mute, Tells the human kind from brute, Laughter! 'Tis hope's living voice Bidding us to make a choice, And to cull from thorny bowers, Leaving thorns and taking flowers."

MRS. E. V. BISCOE,

And this the happy lot, The sunshine of a smiling face, A palace makes the cot MRS. CHARLES M. RIPPEY.

spondent soul from its gloom. To a sad heart a laugh is worth a hundred groans in any market. A merry heart doeth will bring out the gay laughter of the children by your honorable effort in their behalf. Laughter makes the old seem young again. Laughter is contagious, so laugh on and it will catch some downcast soul and make him forget his troubles. Look on the bright side of everything and laugh away your troubles. Be optimistic. Always have a pleasant smile for every one, as you never know what grief they may have. Laughter chases old age away, keeps one young in years, as worry kills more than disease. It is one of the secrets of long life. "Laugh and the world laughs with you, weep and you weep alone." The gay laughter of the happy little children brings back to all pleasant memories. We all would like to see them laugh and play and have pure air. Let their laughter ring out so it can be heard by their honorable

What morbid, abnormal, unnatural lives we should all live if a ban were to be laid upon laughter, if a new commandment were to be framed reading "Thou shalt not laugh!" In an old poem we are told that "a sad heart tires in a mile;" but, on the other hand, we know that the man who laughs himself and who provokes laughter in others shortens the long, tiresome distance for his fellowtraveler and is a true dispenser of happiness. Some one has well said that there are times when "the best help we can give a friend is just to make him laugh." Probably each one of us can emember some experience in which remember some experience in which a hearty laugh has proved a means of grace, clearing the atmosphere and changing the whole aspect of things for us. It is one of the fruits of optimism, and the world will be all the better for EDITH V. BRADT.

MRS. E. JOHNSON.

The sun of laughter shone upon his birth And lit the glad and gentle life he led, So people harkened to the words he

And learned in light of happiness their worth.—Herbert Heron.
ALICE SHARPE BALCH. Just laugh and then the world around

Will echo the refrain, But weep and then the world about Will let you bear your pain. So laughter brighten up each life

And gladdens ev'ry heart, While sadness strolls about alone, And no one bears a part.

Forget all your sorrow; The last of it try have to-day,

Then laugh again to-morrow.
VICTOR P. HAMMER.

Cheer up and laugh away your gloom!

Honorable Mention. The groom was attired in a dark business suit and wore pink begonias and plum blossoms, which made a very pleasing picture as he stood between the bridesmaid and best man in the double

door between the parlor and sitting room

## TRAINING GIRLS FOR EMERGENCIES.



view of the novel exercises recently inaugurated for girls in a Brooklyn high school gymnasium where they are taught the proper method of alighting from a trolley car, and the way in which to escape from a burning building by means of rope ladders. The trolley car exercise has received particular attention. It was originated by Miss Jeannette Trowbridge, the physical culture instructor, who declares that since street cars were originated women have always alighted from them in the wrong direction, thus laying themselves liable to serious injury, of the Amous home